

## Coming Again!

General Douglass MacArthur was in charge of the US and Filipino forces in the Philippines, when the Japanese attacked Pearl Harbor. A few months after the Japanese invaded the islands President Roosevelt ordered the general to leave the islands. The General and his family escaped the islands, and went to Australia, where the General sent a message through the press to the 90,000 American and Filipino troops that awaited rescue. "I shall return". Two and a half years later he was able to fulfil his promise and return to the islands, and set free the captives. Just like General McArthur promised to return to the islands, Jesus Christ also has promised to return. Are we waiting and watching for our General?

### Chia Pudding

1 can organic coconut milk      3 ripe bananas

Honey, to taste

1 can crushed pineapple in its own juice

1/3 cup chia seeds

Blend all except the chia seeds until smooth. Add chia seeds in a bowl and refrigerate overnight or until chia seeds swell and create a pudding-like consistency. Serve as a breakfast fruit/entrée/dessert. Yum!



A special thanks to all who have supported our ministry this year and thank you Donna for the recipe.

### Quotable Quotes



*Many are celebrating our LORD's first coming this day; let us turn our thoughts to the promise of His second coming. This is as sure as the first advent and derives a great measure of its certainty from it. He who came as a lowly man to serve will assuredly come to take the reward of His service. He who came to suffer will not be slow in coming to reign. This is our glorious hope, for we shall share His joy.*—Charles Spurgeon

# The Second Advent

Those who've heard the proclamation  
Of a coming Saviour near,  
Will behold him in great splendor,  
When in clouds he shall appear.

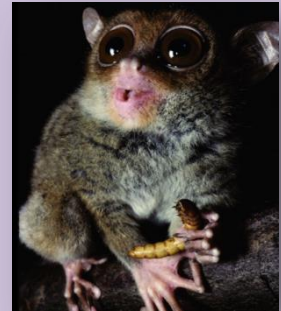


He will come; this generation  
Will not pass till all is o'er.  
Signs foretell he's now approaching,  
And is even at the door.

## Kid's Corner

God's Incredible Creatures

The Tarsier is found only in the islands of Southeast Asia. Jesus made the tarsier with big eyes. Each eye is actually heavier than its brain. Baby tarsiers are born with their eyes already open. Adults can jump more than 40 times their body length. Tarsiers can also hear very well. They can hear things that even humans can't hear. We don't have big eyes like the tarsier, but our eyes should be watching and our ears listening for signs that Jesus is coming again. We can also be looking for ways to help others and jumping into action wherever Jesus needs us.



Christian loves Jesus. He tells  
all his friends that Jesus is  
coming soon so they will be  
ready.

Written by D. Roberts age 10



Carnal thought it was more fun  
to watch TV. He didn't tell his  
friends about Jesus. He made  
Jesus very sad.

Illustrated by D. Roberts age 8

### Little Runners Health Tip

Carmel the camel chews her food well. You should too!





# Swift Runner Health

**Jesus warned in Luke 21:34** And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.

Surfeiting simply means oppressing the system by excessive eating and drinking, or in a word, gluttony-eating too much. A recent study out of China provides a new look at the role that chewing might have in helping our bodies regulate the amount of food we take in—without having to consult calorie labels. Jie Li of the School of Public Health at Harbin Medical University and colleagues found that both healthy-weight and obese men consumed fewer calories (about 12 percent less) at an unlimited half-hour meal when they chewed their food more (they had to chew each bite 40 times). <http://www.ncbi.nlm.nih.gov/pubmed/21775556>

The chewing process, also known as mastication, serves as the first step in the digestive process. There are many benefits for adequately chewing your food. Many of us would do well to learn to masticate slowly, and allow the saliva to mingle with the food. This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action. The benefit derived from food does not depend so much on the quantity eaten, as on its thorough digestion; nor the gratification of taste so much on the amount of food swallowed, as on the length of time it remains in the mouth. Even soft foods should be allowed to mix with the saliva. Westchester University of Pennsylvania suggests chewing your food 30 to 50 times per mouthful.

<http://www.livestrong.com/article/290345-how-many-times-should-you-chew-your-food-for-weight-loss/>



## Here are Five Benefits of Chewing Your Food.

- 1. Chewing helps absorb more nutrients and energy from food.** Chewing breaks your food down from large particles into smaller particles that make them more easily digested. This also makes it easier for your intestines to absorb nutrients from the food particles as they pass through.
- 2. Chewing can help you maintain a healthy weight.** Chewing helps you control the amount of food you eat. The longer you chew, the more time it will take you to finish a meal, and eating slowly can help you to eat less to avoid weight gain or even lose weight.
- 3. Chewing food helps break down enzymes and helps with digestion.** Saliva contains digestive enzymes, so the longer you chew, the more time these enzymes have to start breaking down your food, making digestion easier on your stomach and small intestines. Chewing properly allows your stomach to work more efficiently and break down your food faster.
- 4. Chewing food is good for your teeth.** Your teeth get a good workout when you adequately chew your food. The saliva produced from chewing helps clear food particles from your mouth so there is less plaque buildup and tooth decay.
- 5. You actually taste your food when you chew it well.** When you chew your food instead of rushing through your meal, you enjoy it more. It forces you to slow down, savor each morsel and really enjoy all the flavors your food has to offer. Chew slowly, and you will "Taste and see that the Lord is good." Psalm 34:8

\*Answers 1-Watch 2-temptation, sober 3-repent, repent, forgive, cleanse 4-angels 5-stars, Sun 6-ready, always

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Miracle Working  
Power-

# A Deception for the Elect



In Matthew 24:24 Jesus warns that before the second coming there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.

Now there are plenty of records of God working wonders [miracles] to save people's lives, provide food, give protection from danger, give guidance to the lost, and so forth. Since God is the Creator, it only stands to reason that He can work miracles. But does Satan, the enemy, work miracles? The answer is, Yes! 2 Thessalonians 2:8-10 *And then shall that Wicked be revealed, whom the Lord shall consume with the spirit of his mouth, and shall destroy with the brightness of his coming: Even him, whose coming is after the working of Satan with all power and signs and lying wonders, And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.*

So Satan and his followers will also come working miracles. But if we follow out the context, the reason people are deceived is because they rejected truth. A good thing to remember is that there are true prophets of God that don't work miracles so this cannot be made a test. Jesus said, *there hath not risen a greater than John the Baptist: Matt. 11:11* and yet John 10:41 says, *...John did no miracle: but all things that John spake of this man were true.* Miracles are not a test but truth is.

Webster's Dictionary defines miracles as "MIR'ACLE, n. [L. miraculum, from miror, to wonder.]

*In theology, an event or effect contrary to the established constitution and course of things, or a deviation from the known laws of nature; a supernatural event."*

Since a miracle is a supernatural event – that means that no human has the power "in themselves" to work a miracle. The word "Supernatural" is the combination of "Super" and "Natural" and literally means "beyond nature". In other words, something that works beyond the laws of nature as we know them. In short, there are only two "powers" that I have found that fit that description – God and the enemy Satan!

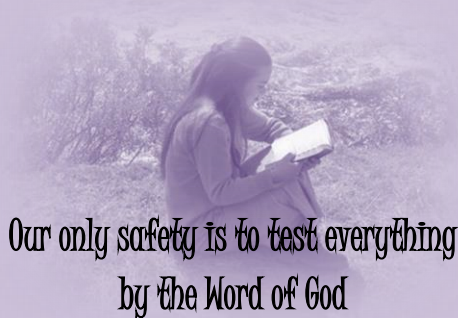
Satan does not have the power that God has, but he is very cunning and he knows far more about nature's laws and physics than we as humans know. That means that He can use natural laws that we are not even aware of to "Appear" to work miracles. Notice that the word "Miracle" comes from the word "Mirror".

When you look into a mirror, you see a face. Is that your real face? No it is not. It is not flesh & blood, it is simply a reflection that, by the way, is the exact "Opposite" of what your face is! If you have a mole on your left cheek, the face in the mirror has a mole on its right cheek.

This is what the devil does. He takes what God has and he counterfeits it and makes an exact opposite copy of it. Another name for this would be magic, sorcery, illusion – making something appear to be there when it is not.

So if we cannot trust our senses – how are we to know the difference between something that God does (truth) and Satan's counterfeit (sorcery/illusion)?

We have to "test" everything we hear, everything we see, everything we feel (whatever comes to our 5 senses) – by the Word of God!!



**Isaiah 8:20** *"To the law and to the testimony: if they speak not according to this word, it is because there is no light in them."*

If you saw "Christ" (Angel of light) come today, how would you know if it was really Christ, or if it was Satan?

We are warned in Revelation 13:13-14 that the power of Satan is going to work miracles to deceive the whole world. We are warned in 2 Corinthians 11:13-14 that Satan will even impersonate Christ and His angels.

So our only safety is to test everything by the Word of God! If it only matches some texts and it doesn't match with EVERY text of scripture, then it is a counterfeit of Satan's!

### **Profitable Traditions-From Our Home to Yours**

**Cultivate charity** - We reinforce giving gifts to Jesus and save up all our spare coins and dollars in a Jesus box, a little treasure bank where we lay up our treasure in heaven. Every year we choose a worthy cause, to send the money gathered to help. We also have an Agape Supper. No one is allowed to take food for themselves, everyone is to ask if somebody else wants a specific food. Small children will enjoy the activity of weekly drawing names and secretly doing kind things for the person whose name was drawn. At the end of the week we try to guess who drew our name.



### **Study to Show Thyself Approved**



1. When Jesus came to earth as a baby the first time only those watching recognized that he had come. In reference to his second coming he gives us the command repeatedly to \_\_\_\_\_. Mark 13:35,37; Matthew 24:42;25:13

2. Mark 14:38 says Watch ye and pray, lest ye enter into \_\_\_\_\_. The spirit truly is ready, but the flesh is weak. Watching involves being \_\_\_\_\_ or temperate/of a sound mind. 1 Thess. 5:6, 1 Peter 4:7

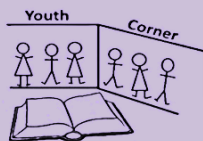
3. The point of watching is to \_\_\_\_\_ from our sins. Rev 3:3 Remember therefore how thou hast received and heard, and hold fast, and \_\_\_\_\_. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee. Jesus promises that If we confess our sins, he is faithful and just to \_\_\_\_\_ us our sins, and to \_\_\_\_\_ us from all unrighteousness. 1 John 1:9

4. Some of the signs in Matthew 24 parallel the way the shepherds and wisemen learned of Jesus birth. The shepherds saw \_\_\_\_\_ with a message. Those who are watching for Christ's second coming will also be looking for the \_\_\_\_\_ of the Revelation of Jesus Christ. Luke 2:9,13; Rev. 14:6-12;18: 1-5

5. The wisemen and those that are wise will look for a sign in the \_\_\_\_\_. Matthew 24:29; Mark 13:25; Matt. 2:2,9, Rev. 6:13 The most universal and wonderful meteor shower which has ever been recorded is that of the 13th of November, 1833. We also will be looking for the morning star or the ... \_\_\_\_\_ of righteousness who will arise with healing in his wings... Malachi 4:2

6. Just as Simeon and Anna in the temple were always ready and recognized Jesus when he came, we too, are to *Be ye therefore \_\_\_\_\_ also: for the Son of man cometh at an hour when ye think not.* Luke 12:40 This means we are to ... *sanctify the Lord God in your hearts: and be ready \_\_\_\_\_ to give an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:* 1 Peter 3:15 \*Answers pg.3

**May we always have our hearts ready so that there is room for Jesus!**



## Squeaking Tigers

*Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.* 1 Peter 5:8

Tigers and lions have some similarities and Eric B. Hare tells about his experience with roaring tigers in his book ***Make God First***. He wrote;

“One day my Burma Brass Band was on its way to hold an evening meeting in Lapota village. In the cool of the evening, as we were approaching the village, suddenly on the hills to the right we heard an animal call—‘Squ-e-e-eak.’

It was a high reedy note, and I said, ‘Boys, listen! There’s a deer over there.’ For there were lots of deer in our jungle who called just like that.

The boys listened. The sound came again, ‘Sq-e-e-eak,’ but the boys shook their heads and said, “That’s not a deer, Thara; that’s a tiger.”

I said, ‘But boys, tigers don’t go sqe-e-eak; tigers go roar-r-r-r.’

But the boys answered, ‘Not always, Thara; it depends on what animal the tiger is hunting. He makes a sound like the sound of the animal he is trying to catch.’

Just then we heard another ‘sq-e-e-eak’ on the hills to the left. And I said, ‘Listen boys! There’s another tiger.’

The boys listened, then whispered, ‘No, Thara, that’s not another tiger; that is a deer.’

‘Well, I can’t tell the difference,’ I said.

‘We can,’ they replied. ‘We live in this jungle country, and our fathers have taught us the difference. The tiger’s call is a little more throaty. Listen!’

For the next half hour we listened to one of the tragedies of jungle life. ‘Squ-e-e-eak,’ called the crafty and deceitful tiger. ‘Sq-e-e-eak,’ answered the innocent little deer, thinking its mate was calling; and then it ran a little closer. ‘Sq-e-e-eak;’ ‘Sq-e-e-eak;’ ‘Sq-e-e-eak;’ ‘Sq-e-e-eak.’ Closer and closer they came together, till the tiger was close enough to spring upon its victim. Then the tiger opened its mouth and roar-r-r-r-r-red. The poor deer was paralyzed with the awful sound; and the tiger sprang upon it and killed it!”

This is how the devil and his agents work. They pretend to be like the prey they are trying to catch until it is too late for their prey to realize he’s been deceived. Don’t be tricked by the Devil’s “innocent” squeak.

